



## Healthy Eating Guidelines

### Follow a healthy eating pattern.

All food and beverage choices matter. Choose a healthy eating pattern with the correct amount of calories to maintain a healthy body weight, get enough nutrients and lower your risk for chronic disease.

### Focus on variety, nutrients and amount.

To get enough nutrients within calorie limits, choose a variety of nutrient-dense foods from all food groups in recommended amounts.

### Limit calories from added sugars and saturated fats. Reduce sodium.

Consume foods and drinks low in added sugars, saturated fats and sodium.

### Shift to healthier choices.

Choose foods and beverages rich in nutrients from all food groups. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.

### Support healthy eating patterns for all.

Everyone has a role in helping to create and support healthy eating patterns at home, school, work and in the community.